

Strengths Discovery Worksheet

1. What are the best things about your family? Your child?
2. What activities do you do together as a family?
3. What activities does your child enjoy?
4. What subjects or part of school does your child like?
5. Who are your child's best friends? What do they do together?
6. What do you think your child may do after high school?
7. Who are your best friends/supports in your life?
8. Who do you turn to in times of crisis?
9. What are your future goals for yourself (career, personal, financial)?
10. What responsibilities does your child have? (chores, homework)
11. What are the best things about each of your children?
12. What kind of future do you hope to see for your children?
Yourself?
13. What is your neighborhood like? How long have you lived there?
14. What one thing do you do every week that you enjoy?
15. What was the best vacation you ever took? What made it the best?
16. What makes you smile about your family at least once a day?
17. What are the expectations you have for your children?